

Fitness Classes at BNL

The Health Promotion Program and BERA/Recreation fosters a work environment that supports positive health and fitness practices so employees can reduce health-risk factors, achieve healthy lifestyles, and become more fit.



**In honor of HEALTHFEST,
BERA/Recreation
invites you to try any
fitness class offered for**

FREE

in October! Just join in!

(One free class per person, per class title)

**For a complete list of classes, please go to
www.bnl.gov/bera**

**FREE SWIMMING
OCTOBER THROUGH DECEMBER 2006**

**Enjoy BNL's Pool, Gym, Parcourse,
Tennis Courts and all fitness activities!**

Tours of the Pool, Gym and Exercise Room
are always available, please call Ext 2873.

Additional Activities

- The BERA Soccer league plays outdoors on Tuesday, Thursday and Fridays at Noon at the Recreation Park/Ball Field areas. For the winter months, you can join a pick up game at Noon in the gym on Tuesday and Friday evenings.
- Volleyball team rosters must be handed in by September 20, 2006. If you are interested in joining, call Ext. 7451. The BERA Volleyball League plays in the gym on Monday and Wednesday evenings, and there are pick up/practice games on Thursday at Noon and Saturday at 10am. For more information regarding volleyball go to: <http://www.vb.bnl.gov/>
- Basketball pick up games are in the gym at Noon on Monday, Wednesday and Friday.
- Badminton games are held daily from 11am-1pm in the gym.

**For more club information, please go to:
www.bnl.gov/bera**

Classes at BNL

September 2006 – updates as of 9/11

ADVANCE REGISTRATION FOR THE FOLLOWING CLASSES IS REQUIRED!

Please make checks payable to BERA and
mail to Recreation Office, Bldg. 179B

JAZZERCISE

Tuesday and Thursday from 12:00pm — 1:00pm at the Rec Hall
Tuesday Session: Sept 12 through Oct 31
Thursday Session: Sept 14 through Nov 2
\$90 for 8 week session of twice a week, plus you may use the Shirley location.

AQUA AEROBICS

Tuesday and Thursday from 5:15 — 6:15pm at the Pool
Classes begin September 26 through November 16, 2006
8-week session — \$20 for once a week, \$40 for twice a week.

YOGA / PILATES

Monday 12:15-1:15pm at the Rec Hall
Wednesday 5:15-6:15pm at the Rec Hall
Monday Session: 9/18 through 11/6
Wednesday Session: 9/20 through 11/8
8 week session — \$65 for once a week, \$80 for twice a week

THE FOLLOWING CLASSES DO NOT REQUIRE REGISTRATION AND ARE EITHER FREE OR PAY-AS-YOU-GO:

Aerobic Fitness

Tuesday and Thursday at 5:15pm at the Rec Hall
10 Classes for \$40, or \$5 per class
Contact Pat Flood Ext. 7866 or email: flood@bnl.gov

Jui Jitsu

Tuesday 6:30-7:30pm at the Gym
All levels, ages 6 and above. \$10 per class
Contact Tom Baldwin Ext. 4556 or email: baldwint@bnl.gov

Ving Tsun Kung Fu

Tuesday, Thursday and Friday - 12 noon-1pm at Brookhaven Center North Room
Taught by Master William Moy. Tuition
Contact Scott Bradley, Ext. 5745 or email: Bradley@bnl.gov

Reiki Healing Circle

Thursday, 12 Noon at Bldg. 211, Conference Room
FREE
Contact Nicole Bernholc Ext. 2027 or email: bernholc@bnl.gov

Yoga

Wednesday — 12 noon at Brookhaven Center
FREE
Contact ILA Campbell Ext. 2206 or email: ila@bnl

Tai Chi

Monday, Thursday and Friday, 12 noon-1pm at Brookhaven Center, North Room
FREE
Contact Adam Rusek, Ext. 5830

Cardio KickBoxing

Monday and Thursday 12 Noon at the Gym
\$5 per class — pay as you go
Contact Joanne Rula Ext. 8481 or email jrula@bnl.gov



2006 BERA FITNESS REGISTRATION for Jazzercise, Aqua Aerobics and Pilates

Activity: _____ Class Day: _____

Name: (Please Print) _____

BNL Life/Guest Number: _____ Building Number: _____

Phone Number: _____ Email address: _____

Emergency Contact _____ Phone Number _____

Please mail to: Recreation Office, Building 179B